

**ABSTRACT**

Compositions, optionally heat-activated, methods and kits for protecting keratinous fibers from extrinsic damage or repairing keratinous fibers damaged by extrinsic conditions by applying to keratinous fibers a composition comprising at least one compound chosen from C<sub>3</sub> to C<sub>5</sub> monosaccharides substituted with at least one C<sub>1</sub> to C<sub>22</sub> carbon chain, and heating the keratinous fibers.

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